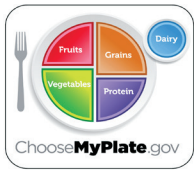


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SWEET AND JUICY RAISIN TAPENADE

Traditional tapenades can be high in sodium, but not this version, with its base of raisins. Spread on crackers or pita bread as a snack or appetizer, or include as part of a tapas-inspired meal. Makes a great portable lunch.

Preparation time: 10 minutes

Serves: 4

INGREDIENTS:

- 1 cup California raisins
- 2 tsp olive oil
- ¼ cup pitted Kalamata olives, drained
- 16-20 whole grain pita wedges or melba rounds
- 2 tsp walnuts
- 1 tbsp balsamic vinegar

DIRECTIONS:

1. Place tapenade ingredients in food processor.
2. Run until raisins, olives, and walnuts are finely chopped.
3. Can be made ahead and refrigerated.
4. Serve with melba rounds or pita wedges.

Serving Suggestions:

Serve with an 8 oz glass of 100% apple juice and hummus with cucumber slices and carrot or celery sticks.

Tips on Raisins:

- Raisins are fat- and cholesterol-free, naturally low in sodium, and loaded with antioxidants
- Just ¼ cup of raisins is equivalent to ½ cup of fruit.
- Raisins are the most economical fruit per serving.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	½ cup
Grains	--
Protein	1 oz

Nutrition Facts	
Serving Size 86 g	
Amount Per Serving	
Calories 250	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 49g	16%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Total Fat	Calories: 2,000 2,500
Sat Fat	Less than 65g 80g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation

